

Category	Item	Score
General Health	1. I feel healthy	4
	2. I feel well	4
	3. I feel good	4
	4. I feel fine	4
	5. I feel better	4
	6. I feel like myself	4
	7. I feel like I am getting better	4
	8. I feel like I am getting worse	4
	9. I feel like I am getting sicker	4
	10. I feel like I am getting healthier	4
Mental Health	11. I feel nervous	4
	12. I feel anxious	4
	13. I feel stressed	4
	14. I feel worried	4
	15. I feel sad	4
	16. I feel lonely	4
	17. I feel like I am losing control	4
	18. I feel like I am losing touch with reality	4
	19. I feel like I am losing touch with my emotions	4
	20. I feel like I am losing touch with my thoughts	4
Physical Health	21. I feel tired	4
	22. I feel weak	4
	23. I feel dizzy	4
	24. I feel lightheaded	4
	25. I feel like I am having trouble breathing	4
	26. I feel like I am having trouble sleeping	4
	27. I feel like I am having trouble concentrating	4
	28. I feel like I am having trouble remembering things	4
	29. I feel like I am having trouble making decisions	4
	30. I feel like I am having trouble getting things done	4

5

10